



# DIABETES AND HER HEART

BECAUSE HER HEART MATTERS TOO • FOR MORE INFORMATION VISIT [YOURHEART.CA](http://YOURHEART.CA)

## WHAT IS DIABETES?

**Pre-Diabetes:** Blood sugar is higher than normal.

**Type 1 Diabetes:** Body does not make enough insulin.

**Type 2 Diabetes:** Body cannot use insulin properly.

**Gestational Diabetes:** During pregnancy, not enough insulin is being produced.

## KNOW YOUR NUMBERS

	Fasting Blood Glucose Level (short-term blood sugar control)	HbA1c Results (long-term blood sugar control)
Non-Diabetics/ Pre-Dabetics	<b>Less than 5.6mmol/L</b>	<b>Less than 6.0%</b>
Pre-Dabetics	<b>6.1-6.9mmol/L</b>	<b>6.0-6.4%</b>
Diabetics	<b>4.0-7.0mmol/L</b>	<b>Less than 7.0%</b>

## RISK FACTORS



Age 45+



Family History



History of Gestational Diabetes



High Cholesterol

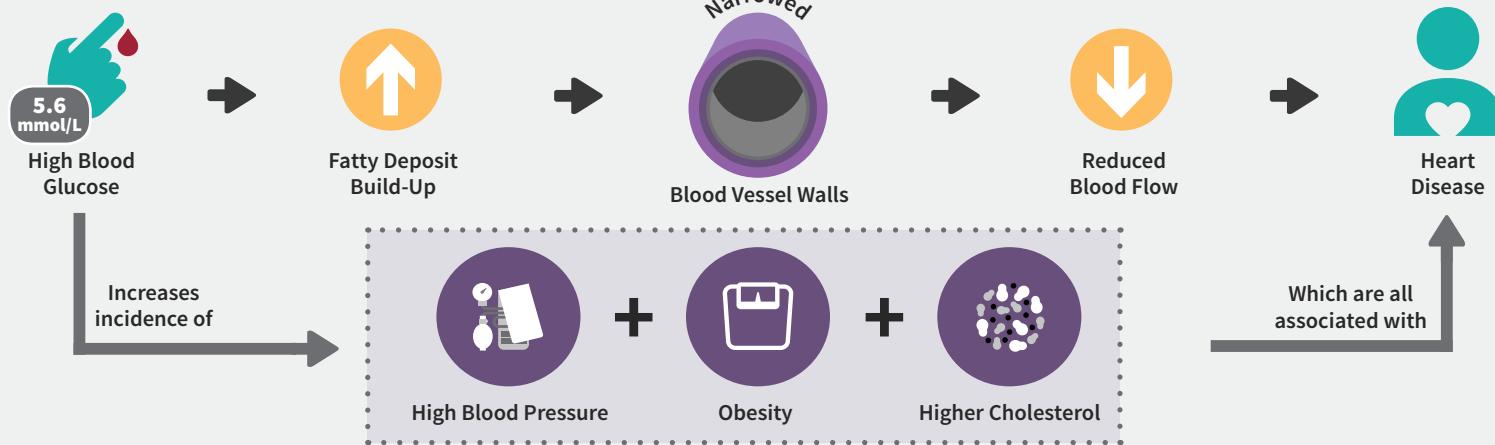


High Blood Pressure



Being Overweight

## HOW DOES DIABETES AFFECT MY HEART?



## WHAT CAN I DO?

### PREVENT



**Eat heart healthy.**  
Eat more fruits, vegetables and whole grains. Aim for 7 servings a day.



Achieve and maintain a **healthy weight**. Aim for a waist circumference below 88 cm.



**Move more, sit less.**  
Choose an activity that you enjoy and that fits with your lifestyle. Aim for 30 minutes a day.



Manage your **cholesterol**.



Aim for a **blood pressure** of 130/80 or below.



Have your healthcare provider regularly test your **blood sugar**.



If you smoke, find support to **quit**.

### MANAGE



**Take your medication** as prescribed.

### MONITOR



A **glucose monitor** will help you test your glucose levels. Ask your healthcare provider how to use it.



Download the top 5 questions to ask your healthcare provider at [yourheart.ca](http://yourheart.ca)